

This institution is an equal opportunity provider

May 2021 SFSP K-12 Bag Breakfast Menu No Cereal

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	3 Pop Tart (1 item)	4 Strawberry Boli Pastry (1 item)	5 Assorted Cereal Bar (1 item)	6 Honey Bun (1 item)	7 2 oz Assorted Breakfast Bread (1 item)
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item) Second Item (1 item) * Milk	100% 4 oz Juice (1 item) Second Item (1 item) * Milk	100% 4 oz Juice (1 item) Second Item (1 item) * Milk	100% 4 oz Juice (1 item) Second Item (1 item) * Milk	100% 4 oz Juice (1 item) Second Item (1 item) * Milk
Week II	Chef's Choice may be offered daily				
Breakfast	10 Assorted Muffin (1 item)	11 Mini Waffle Bag (1 item)	12 Cinnamon Roll (1 item)	13 Pop Tart (1 item)	14 Assorted Cereal Bar (1 item)
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item) Second Item (1 item) * Milk	100% 4 oz Juice (1 item) Second Item (1 item) * Milk	100% 4 oz Juice (1 item) Second Item (1 item) * Milk	100% 4 oz Juice (1 item) Second Item (1 item) * Milk	100% 4 oz Juice (1 item) Second Item (1 item) * Milk
Week III	Chef's Choice may be offered daily				
Breakfast	17 Strawberry Boli Pastry (1 item)	18 Corn Muffin (1 item)	19 WG Apple Donut (1 item)	20 Mini Cinnis (1 item)	21 Assorted Cereal Bar (1 item)
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item) Second Item (1 item) * Milk	100% 4 oz Juice (1 item) Second Item (1 item) * Milk	100% 4 oz Juice (1 item) Second Item (1 item) * Milk	100% 4 oz Juice (1 item) Second Item (1 item) * Milk	100% 4 oz Juice (1 item) Second Item (1 item) * Milk
Week IV	Chef's Choice may be offered daily				
Breakfast	24 Assorted Breakfast Bread (1 item)	25 Assorted Cereal Bar (1 item)	26 Pop Tart (1 item)	27 Strawberry Fruit Boli (1 item)	28 Assorted Cereal Bar (1 item)
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item) Second Item (1 item) * Milk	100% 4 oz Juice (1 item) Second Item (1 item) * Milk	100% 4 oz Juice (1 item) Second item (1 item) * Milk	100% 4 oz Juice (1 item) Second Item (1 item) * Milk	100% 4 oz Juice (1 item) Second Item (1 item) * Milk
Week V	Chef's Choice may be offered daily				
Breakfast	31 1.5 oz Breakfast Brekkie (1 item)	Future Technologies in Food Industry Forward, Future, Food			
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item) Second Item (1 item) * Milk	3 D Printing 3 D printing has already stepped into food industry, where a hospital in Netherlands has successfully 3D printed food for people with chewing difficulties. Enabling waste reduction, sustainability and handling complex textures and designs, 3D printing is already breaking grounds in food industry.		Vertical Farming With urbanization and reduction of agricultural lands, vertical farming is a boon to future food industry. One of the models of vertical farming is a farming tower where each floor including roof is used for producing crops.	
Week VI	Chef's Choice may be offered daily				

\* Second Item in breakfast could be one of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar (all options are 1 item each)

\*Skim and 1% milk choices offered daily.

\*All Bread/Chips/Tortillas listed in the menu are whole-grain products.